

Abstract

An orthotic that supports the arch of a foot during and after extensive use and is flexible to allow a person to comfortably walk and/or run is provided. The orthotic comprises a bottom surface including a mid-plantar region having a perimeter that includes a front portion, a rear portion opposite the front portion, a left side portion and a right side portion opposite the left side portion, and a plurality of longitudinal and lateral ribs in the mid-plantar region. Each longitudinal rib extends toward the front and rear portions of the perimeter but not across the mid-plantar region. Each lateral rib extends from a respective longitudinal rib toward one of the side portions of the perimeter. To reduce the stress concentrated in the intersections of the longitudinal ribs with the lateral ribs when the mid-plantar region is flexed, the angle formed between the longitudinal and lateral ribs may be greater than 90° or the ribs may be curved. Thus, the orthotic may be made flexible to provide comfort while walking, running or performing other physical activities, and strong to support a foot during and after much use.